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WHEN THE SPIT HITS THE FAN

New Jersey Devils goalie Cory Schneider spits water during a stop in play. The city of Terrace feels it has been forced to cancel drop-in hockey for adults after some players refused to stop spitting in the arena. Story, page 4. EZRA SHAW/GETTY IMAGES

$50M lotto claimed after 360 days

Jackpot. The winner lost $900K in potential interest by deciding to wait for almost a year, says BCLC official

NEAL HALL
The Canadian Press
exclusively for Metro

The $50-million winning ticket from the March 14, 2014, Lotto Max draw was brought in to the office of the B.C. Lottery Corp. on Monday.

"We can confirm that it is the genuine ticket," said Chris Fairclough, spokesman for BCLC.

"I have never seen anyone wait this long," he said. "This is beyond the norm."

Had the winner made a claim immediately after last year's draw, it could have earned $900,000 in accrued interest, Fairclough said.

He said he couldn't reveal any details of the winner or winners of the $50 million, or why they waited 360 days to bring in the ticket.

Now there will be a secondary verification process to determine the rightful ticketholder. There is no time limit on that process, Fairclough said.

The winner had until March 14 this year to claim the prize money, which is expected to be presented — eventually — at a cheque ceremony.

Officials said earlier that the winning ticket was sold at a Langley retailer.

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Prison.
Inmate gets 7 more years for assault on guard

An inmate at Kent maximum-security prison has been given a seven-year prison sentence, bringing his current sentence to 14-1/2 years, for slashing a female guard across the neck and face with a razor blade.

The attack by Kevin Beaulieu caused corrections officer Charmaine Weiss to quickly lose four litres of blood, and she had to be airlifted to hospital to save her life. She underwent three hours of surgery on June 23, 2012 and was left with a large scar, the court was told.

She also suffers from stress, low self-esteem, flashbacks, insomnia, post-traumatic stress disorder, depression, panic attacks, inability to concentrate, anxiety, anger and stutters when she is nervous.

The court was told that after the attack, Beaulieu bragged to his fellow inmates: "Almost killed her. Best day of my life." At the time, he was serving a 7-1/2-year sentence.

"This was a very serious, unprovoked assault on a prison guard," B.C. Supreme Court Justice Murray Blok said during a recent sentencing hearing in Chilliwack. The written ruling was released Monday.

"The fact that the victim was chosen at random, apparently because of her gender, is also an aggravating factor," the judge said. "She was not chosen due to any prior dealings or interactions or anything that happened at the time but because Mr. Beaulieu perceived that hurting a female would hurt the guards collectively more than would an attack on a male guard."

NEAL HALL/FOR METRO

A SkyTrain makes its way through Vancouver. Poll results released Monday revealed that 55 per cent of respondents say they will "definitely" or "probably" vote "No" in the upcoming plebiscite on transit funding, while 33 per cent plan to vote "Yes." JENNIFER GAUTHIER/FOR METRO

'No' side pulls ahead in transit vote: Poll

Plebiscite. Support for 'Yes' dropped sharply since first online survey

MATT KIELTYKA
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More and more Metro Vancouver residents plan to vote "No" in the upcoming plebiscite on transit funding, according to the latest Insights West poll.

In the poll released on Monday, 55 per cent of respondents say they will "definitely" or "probably" vote "No," while 33 per cent plan to vote "Yes."

The results represent a worrying trend for supporters of the mayors' proposed 0.5 per cent regional sales tax increase and the 10-year, $7.5-billion transit plan it is intended to fund.

When Insights West conducted its first online survey on the plebiscite, 52 per cent intended to vote "Yes," but support has dropped sharply every month since.

The findings of the poll were released on the same day Elections B.C. announced the first set of mail-in ballots have been mailed to Metro Vancouver residents for delivery on March 16.

Insights West vice-president Mario Canseco said the "Yes" side has been fighting an uphill battle since the B.C. Liberals sprung the plebiscite on the region last year, and time is running out to sway voters.

"What makes this more difficult is the time. Successful referendums on transit, like in Los Angeles, had campaigns that lasted more than a year so people could be educated," said Canseco. "This exercise has been rushed, and when facing a compelling anti-tax, anti-waste movement, it's a tough sell."

Canseco said the "No" side — led by the Canadian Taxpayers' Federation campaign against TransLink's governance and fiscal record — has even managed to cast doubt in the minds of transit users who would otherwise vote in favour of improved bus and rapid-transit improvements.

Just 46 per cent of people who use public transit regularly on weekdays and 48 per cent of those who bike or walk to work plan to support the "Yes" vote.

Elections B.C. says it will post weekly totals of ballot packages received on its website starting April 1.

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Spitting in hockey arena a problem for B.C. city

Sportsplex. Drop-in adult hockey cancelled for the season

THANDI FLETCHER
thandi.fletcher@metronews.ca

The city of Terrace, B.C., has been forced to cancel drop-in hockey for adults after some players refused to stop spitting in the arena. CONTRIBUTED

The city of Terrace, B.C., has taken the drastic strep of cancelling drop-in adult hockey for the rest of the season after some players refused to stop spitting in the arena.

Carmen Didier, director of leisure services for the Terrace Sportsplex, said city officials had warned players several times to halt their hawking while on the benches and in the penalty box, but the problem persisted.

"It's really unsanitary," she told Metro. "Other players are walking into the player's benches and they're stepping on spit, or they might be brushing along the side of the bench and they get spit on their uniform."

Didier said staff first noticed the problem a couple of years ago when parents complained about potential health risks after their children stepped or sat in the saliva.

She said several school groups follow the adult drop-in hockey sessions, and children use the benches to take off their shoes and lace up their skates.

Arena staff put up signs in the arena asking people not to spit, but Didier said that seemed to exacerbate the problem.

Last week, she said, there were eight or 10 large gobs of spit right in front of the sign.

Dr. David Patrick, an infectious disease specialist, said saliva does pose a slight risk of spreading disease but only if it enters the eyes or mouth.

"There is a chance that a couple of viruses could be spreading around, but I think it's mostly the gross factor," he said.

City officials are certain that only one or two people are causing the problem.

While it's unfortunate that everyone else has the pay the price, Didier said the arena had no choice but to cancel drop-in hockey for the rest of the season.

She said the city is optimistic the extreme measure will send a strong message to chronic offenders.

"It's just sort of bringing light to a behaviour that might have been accepted in the past," Didier said. "Times change and it's just not acceptable."

Portland Hotel. Residents happy after elevator fixed

More than a dozen residents with mobility issues at Vancouver's Portland Hotel social-housing complex were happy Monday that their elevator was finally fixed.

The elevator broke down Feb. 27 and was waiting for replacement parts before it could be repaired.

The social-housing site has nine stories and about 100 residents, including more than a dozen with mobility issues.

John, a quadriplegic resident at the complex, was confined to his second-storey room for more than a week.

In an interview with the CBC, 57-year-old John said he couldn't access the social housing site's wheelchair-accessible shower, which is on another floor, and couldn't leave his apartment to go to his job.

"A lot of people are happy," Ted Bruce, interim executive director of the Portland Hotel Society, said Monday, hours after the elevator was operating again. "It's great it's fixed."

The Portland, located at 20 West Hastings, had to hire extra staff to check on people living on the upper floors, Bruce said.

"Front-line staff were going up and down stairs taking food to people and checking on them," he said. NEAL HALL/FOR METRO

Crime

B.C.'s 'Con Air' sends 100th person home

B.C.'s fugitive return program has hit a milestone with the 100th wanted person shipped out of the province to face outstanding charges.

The latest fugitive, Robert Harker, was arrested by the Surrey RCMP and was returned to Alberta last month to face charges of assault and failing to appear. He was escorted back to Alberta by B.C. sheriffs, which was funded by the Fugitive Return Program.

The Vancouver Police Department is a partner in the program, which they had originally dubbed "Con Air" to denote sending some fugitives by air to other provinces to face outstanding charges.

While any wanted fugitive from another province can be eligible for the program, most face serious criminal charges. To date, the fugitives sent from B.C. were returned to six provinces and one territory, with 42 per cent returned to Alberta, followed by Ontario, with 28 per cent of returnees.

A total of 43 per cent of fugitives were returned from the Lower Mainland, 26 per cent were returned from southeast B.C., 22 per cent were returned from Vancouver Island and nine per cent were returned from northern B.C. NEAL HALL/METRO

A ‘no’ vote on transit funding comes with $1.2B cost: Study

Commuters board the 99 B-Line bus outside Commercial Drive SkyTrain station in Vancouver in this file photo.
JENNIFER GAUTHIER/METRO FILE

Traffic. Metro Vancouver could also lose $2B associated with congestion by 2045

MATT KIELTYKA
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A new study says a ‘No’ vote in the plebiscite on transit funding could hit Metro Vancouver to the tune of $1.2 billion in hidden costs.

Economic reports commissioned by the Mayors’ Council on Regional Transportation have already concluded that the region stands to lose $2 billion in direct costs (productivity, fuel costs, etc.) associated with congestion by 2045 should their proposed 10-year, $7.5 billion transit plan not come to fruition.

Now think-tank Clean Energy Canada has released a report, conducted by the C.D. Howe Institute, looking at the hidden costs of congestion.

“Wanted to look at the hidden costs, the cost of things that’s not happening because of congestion,” said Clean Energy Canada executive director Merran Smith.

Smith said examples of these hidden costs include people who choose not to go out in the evening because of long commutes home, businesses that are restricted from scheduling more meetings in a day, and specialty retail stores that are unable to attract a wider customer base because of transportation logistics.

Coupled with giving people access to higher paying jobs and increasing the tax base, the study’s authors conclude voting against the 0.5 per cent Metro Vancouver Congestion Improvement Tax could cost the region between $500 million to $1.2 billion in wider economic benefits due to congestion.

“We did this study to show that there is an economic cost to voting ‘No.’ The problem is only going to get worse, not better,” said Smith. “If we want to be a world class city, we need a world class transportation system. You can’t have that with a tired transportation system.”

The mail-in plebiscite runs March 16 to May 29.

Follow Matt Kieltyka on Twitter @Mkieltyka

Arrest made

Dashboard camera catches B.C. road-rage incident

Less than two minutes pass between an apparent punch and the moment Vancouver police snap handcuffs on a road-rage suspect — a scene that was captured on video and has been viewed thousands of times online.

The dashboard video of the incident, shot on a grey, rainy day, was posted to YouTube on Feb. 21.

The video shows traffic stopped as a man exits his white car and walks up to a dark-coloured car in front of him. The man leans into the driver’s side window of the other car and appears to take a shot at the driver.

The suspect is then seen returning to his car, while the victim and a bystander, who climbs out of an adjacent white van, exit their vehicles and approach the white car. Eventually the suspect gets out of his car again and is approached by the witness in the white van and the victim.

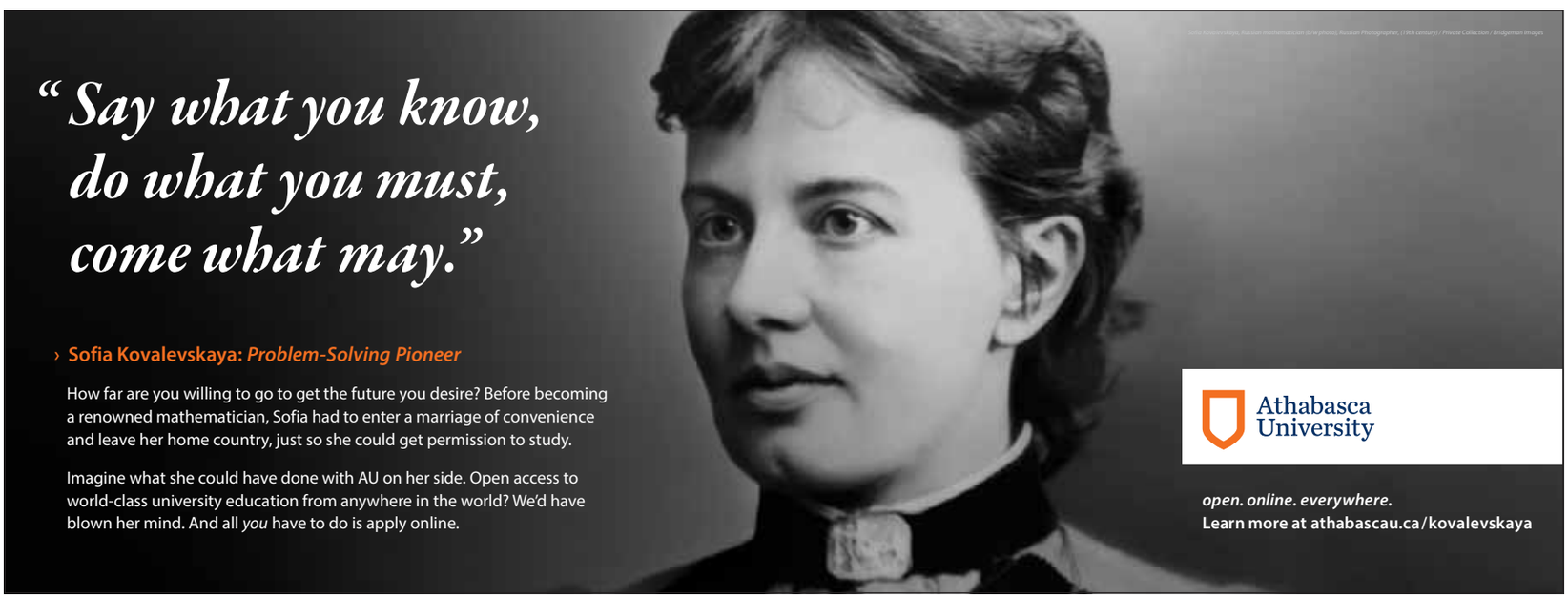
At the same time, a passenger exits the victim’s vehicle, crosses two lanes of traffic and a grassy median to fetch a police officer who happened to be in the area.

An officer then arrives on the scene and handcuffs the suspect.

The video had been viewed more than 14,000 times as of Monday afternoon and was widely circulated online and in local news coverage.

THE CANADIAN PRESS

Footage from a dashboard camera allegedly caught a road rage incident in Vancouver. YOUTUBE.COM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Via terror trial

Attention must be paid to conspiracy charge, judge says

Determining whether or not two men accused of plotting to derail a passenger train conspired to commit a terrorist act is critical to reaching verdicts at their trial, a judge told the jury hearing the case Monday.

Raed Jaser and Chiheb Esseghaier are both charged with two counts of conspiracy, and two counts of participating in or contributing to a terrorist group. Esseghaier is also facing a fifth charge of participating in or contributing to a terrorist group.

Justice Michael Code suggested careful attention be paid to the nature of an alleged conspiracy between Jaser and Esseghaier.

THE CANADIAN PRESS

Democracy movement

China pressuring Canada to rescind invitation to Hong Kong activist

China is pressuring a committee of Parliament to rescind its invitation to the leader of Hong Kong's democracy movement to appear before it and give testimony, The Canadian Press has learned.

Martin Lee was invited to give MPs on the House of Commons foreign affairs committee a briefing Tuesday on the democracy movement in Hong Kong. The Chinese ambassador to Canada, however, has issued a letter to the committee telling it to butt out of China's domestic affairs, issuing a thinly veiled warning to not rock the boat on Sino-Canada relations.

THE CANADIAN PRESS

Nunavut

Deal reached in land-claim lawsuit

A tentative settlement has been reached in a billion-dollar lawsuit that alleges the federal government has never lived up to terms of the Nunavut land claim.

Cathy Towtongie, president of the Nunavut land-claims group that filed the lawsuit against Ottawa, made the announcement in a news release.

Arguments in the lawsuit by Nunavut Tunngavik Inc. were scheduled to begin Monday afternoon.

The trial has now been adjourned. Contents of the settlement were not immediately available.

Nunavut Tunngavik had been seeking $1 billion in damages, as well as punitive damages.

THE CANADIAN PRESS

U.S.-led team to join probe of soldier's death

Iraq. Defence minister says there are two investigations of the incident being conducted

The U.S.-led coalition in Iraq is planning to join a pair of Canadian investigations already underway into last week's deadly friendly fire episode in northern Iraq, but experts say if recent history is any guide, the public should temper its expectations about the findings.

Gen. Tom Lawson, the country's chief of defence staff, said Monday the international headquarters overseeing the war against the Islamic State of Iraq and the Levant (ISIL) is "interested in exactly what happened and therefore will be leading their own investigation."

The involvement of American commanders takes the concern about the deadly mistake — which claimed the life of 31-year-old Sgt. Andrew Doiron — to a different level.

Defence Minister Jason Kenney implored opposition parties to let due process unfold.

There is a military police case and a technical investigation, known as a board of inquiry — both of which are standard procedure whenever a soldier dies in the line of duty. In addition, the special forces are conducting their own internal review.

Even so, there are significant organizational and cultural barriers that cause both a former special forces commander and a leading defence analyst to wonder if anyone can be held responsible, and whether such calamities can truly be avoided in the future.

"Whether somebody will be held accountable for this, I don't know," said Roland Paris, director of the Centre for International Policy Studies at the University of Ottawa.

Prosecuting friendly fire cases between nations, even among advanced western armies, is a tenuous matter, one usually fraught with diplomatic drawbacks. THE CANADIAN PRESS

Ready, set, attack the avalanche!

Members of the 1st Regiment of the Royal Canadian Horse Artillery put a 105mm Howitzer in position Wednesday at Rogers Pass, B.C. Parks Canada operates the largest mobile avalanche control program in the world and Canadian soldiers are stationed in Rogers Pass throughout the winter season. Under the direction of Parks Canada's avalanche forecasters, soldiers bombard known trigger zones high up on the avalanche paths. The aim is to prevent blockage of the Trans-Canada Highway and Canadian Pacific rail corridors between Vancouver and the rest of Canada.

PHOTO: JEFF BASSETT/THE CANADIAN PRESS
TEXT: THE CANADIAN PRESS

Tories propose new plan for disabled veterans

The Harper government is proposing a new retirement benefit to help stave off old-age financial hardship for some of Canada's severely disabled soldiers, addressing a long-standing concern of veterans' advocates.

The benefit would provide wounded troops with both serious and moderate injuries a monthly income support payment beginning at age 65, Veterans Affairs Minister Erin O'Toole told a news conference Monday in Toronto.

The veterans' ombudsman released a report in October 2013 that found more than 400 severely disabled veterans, mostly from Afghanistan and recent peacekeeping missions, don't receive certain allowances or a Canadian Forces pension, and lose their disability income replacement at retirement.

THE CANADIAN PRESS

Amnesty raises red flag on Tories' anti-terror bill

A prominent human-rights group says the Conservative government's anti-terrorism bill could be used to target environmental activists and aboriginal protesters.

In a brief made public Monday, Amnesty International Canada added its voice to those who say the bill would go beyond genuine security threats to ensnare those who mount demonstrations that fall outside the strict letter of the law.

The Conservatives brought in the bill — which would broaden the Canadian Security Intelligence Service's mandate — after the slaying of two Canadian soldiers last October.

The new powers do not apply to "lawful" advocacy, but Amnesty fears they could be used against activists who protest without a permit or despite a court order. THE CANADIAN PRESS

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Former Guantanamo Bay prisoner Omar Khadr, seen here in an undated photo. COURTESY BOWDEN INSTITUTION/THE CANADIAN PRESS

Khadr's bail application draws backers

Response. The federal government has said it will fight any effort to lessen the former Guantanamo Bay prisoner's punishment

Professors, doctors, businessmen and even a former senior member of the U.S. military have put their names — and reputations — on the line to support the bail application of a man the Canadian government and other detractors have branded a dangerous jihadi terrorist.

Foremost among those backing Omar Khadr are his long-time lawyer Dennis Edney and his wife Patricia, who have offered to take him into their home if he wins bail.

Edney, who has met the Toronto-born Khadr in prison, says she finds him gentle, articulate and gracious.

Khadr's application for bail — to be heard over two days later this month — aims to get him out of Bowden Institution in Innisfail, Alta., while he is appealing his conviction on five war-crimes charges by a U.S. military commission for incidents that occurred in Afghanistan when he was 15 years old.

In their letters for bail court, Arlette Zinck and her businessman husband Rob Betty make clear their positive assessment of Khadr.

Zinck, an English professor at King's University and one of Khadr's tutors for years, calls him a diligent and capable "model student."

THE CANADIAN PRESS

Quoted

"I am proud to count him among my closest friends."

Rob Betty, husband of King's University English professor Arlette Zinck who has been Omar Khadr's tutor for years.

Q&A

Lawyer's wife speaks out

Patricia Edney is the wife of Dennis Edney, lawyer to Omar Khadr. The couple has agreed to take Khadr, 28, into their Edmonton home if he is released on bail. The Canadian Press interviewed Patricia Edney ahead of Khadr's bail hearing in late March.

Does Dennis bring home his clients on a regular basis – to live with you?
Patricia Edney: It's consistent offering Omar to come to our home. It's consistent with Dennis's faith in Omar, his confidence in the case and the young man that we have both come to know.

But this is a little different from the normal routine of lawyers and clients?
Patricia Edney: That speaks to the fact that we see him as more than a client. We see him as somebody who's been abandoned by his government and suffered greatly for it.

The government, of course, brands him as a hardened, unrepentant terrorist.
Patricia Edney: There's lots of evidence that he didn't kill (U.S. Sgt.) Christopher Speer ... But even if he did, he was a child soldier. Omar was 15 when this all took place. He was a child. He is carrying a burden that is not his.

What was it like to meet him and get to know him?
Patricia Edney: It was wonderful to first meet him. I wasn't surprised at how gentle he was, or how articulate and intelligent and gracious. It was more surprise at how tall he was.

THE CANADIAN PRESS

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Ukraine approaches one-year mark since start of conflict

People pass by a destroyed building in Vuhlehirsk, Ukraine, on Monday. More than 6,000 people have died in eastern Ukraine since the start of the conflict almost a year ago that has led to a "merciless devastation of civilian lives and infrastructure," according to the UN human rights office.

VADIM GHIRDA/THE ASSOCIATED PRESS

Nine abducted by ISIL in deadly oilfield attack

Libya. Seizure of foreign workers last week also saw militants behead eight guards

Quoted

"This is the lifeline of the Libyan people."

Libya's military spokesman, Ahmed al-Mesmari, on the country's petroleum industry, adding that losing it to ISIL would be dire.

Militants from Libya's Islamic State of Iraq and the Levant affiliate beheaded eight Libyan guards in an attack on a central oilfield last week in which the extremists abducted nine foreigners, a Libyan spokesman said Monday.

In the Philippines, authorities said Monday that four of their nationals were among the nine abducted from the oil field. An Austrian, a Czech, a Bangladeshi and a Ghana national were also taken while one hostage remains unidentified.

Friday's attack on the al-Ghani oilfield near the town of Zalla, some 750 kilometres southeast of the capital, Tripoli, was part of a series of deadly assaults on Libya's oil-lucrative infrastructure by ISIL.

The attacks in recent weeks have forced Libya to declare 11 fields non-operational, including al-Ghani, and invoke a force majeure clause that exempts the state from contractual obligations.

Libya's military spokesman, Ahmed al-Mesmari, warned that ISIL militants' long-term goal is to take over Libya's petroleum industry.

During the attack on al-Ghani, an employee watched the beheadings of the eight oil guards and subsequently died of a heart attack, al-Mesmari also said. He did not elaborate on how the army knew about the beheadings but the force serving as oil guards is closely allied to the Libyan military, which answers to the eastern-based government, one of Libya's two rival governments.

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Apple unveils long-awaited watch

Technology. Watch is the first brand-new device Apple has launched without Steve Jobs

Make calls, read email, control music, manage Instagram photos, keep up with your workout, pay for groceries, open your hotel room door. CEO Tim Cook says you can do it all from your wrist with Apple Watch — for 18 hours a day.

That's how long the battery will last on an average day.

Pre-orders start April 10. In Canada, the devices will range from $449 to as much as $22,000 for a luxury edition.

Industry watchers are eager to see if Apple's version will be the tipping point for the sluggish smartwatch market. There was similar skepticism when Apple released the iPad in 2010, yet the company has successfully sold millions and its popularity has shaken up the PC market.

The stakes are high for a company that just dislodged AT&T as one of the 30 stocks comprising the venerable Dow Jones industrial average.

Apple is entering a market in which numerous tech companies are already selling smartwatches, from the Samsung Gear and Motorola's Moto 360 to the Pebble Steel and other models made by smaller startups.

Many run on Android Wear, the software platform from Google. They range in price from $100 to $500 or more, but most don't have as many features as the Apple Watch, and they have not been big hits.

THE ASSOCIATED PRESS

Prices

The watches are available in two sizes, with 38-millimetre and 42-millimetre bodies.

- The Apple Watch Sport is priced at $449 and $519 in Canada, the mid-range Apple Watch is priced between $699 and $1,459 depending on the style of band, and Apple Watch Edition models start at $13,000.

Apple CEO Tim Cook unveils the Apple Watch. ERIC RISBERG/THE ASSOCIATED PRESS

Alberta. Tainted feed not yet proved as BSE source

Federal Agriculture Minister Gerry Ritz says figuring out how an Alberta cow was infected with BSE is like looking for a needle in a haystack.

The beef breeding cow was discovered last month on a farm near Edmonton and was born on a nearby farm. Another cow born at the same location in 2004 tested positive for bovine spongiform encephalopathy in 2010.

Officials have said that no material from either cow made it into human or animal food.

The Canadian Food Inspection Agency continues the complex task of checking cattle born on the farm to see whether they may have been exposed to the same feed as the BSE cow, although it hasn't been determined yet whether infected feed caused the disease in this case.

Ritz says a number of countries that have temporarily suspended imports of Canadian beef are being kept in the loop, but he points out they only account for about five per cent of Canada's worldwide market.

Ritz was in Calgary for the official opening of the Canadian Beef Centre of Excellence. Ottawa invested $3.4 million to help set up the centre, which is being operated by Canada Beef Inc., a national organization that handles research, marketing and promotion of the Canadian cattle and beef industry worldwide.

The facility will provide space and resources to help the industry promote new products, training and education focused on the technical advantages of Canadian beef.

THE CANADIAN PRESS

Gerry Ritz, minister of agriculture, tries his hand at slicing beef at the opening of the Canadian Beef Centre of Excellence in Calgary on Monday. THE CANADIAN PRESS

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Credit reports. Agencies make disputing errors easier

Disputing a mistake on credit reports could get easier and the effects of medical debt less severe under changes being made by the three largest credit-reporting agencies.

The Monday announcement by Equifax, Experian and TransUnion comes after months of negotiations between the companies and New York Attorney General Eric Schneiderman.

Under the changes, people who contest items in their credit reports will receive more information concerning those disputes, including instructions on what they can do if they don't like the answer they get. In a bid to increase accuracy, medical debts won't be reported until after a 180-day waiting period to allow time for insurance payments to be applied.

The agencies agreed to remove from credit reports previously reported medical collections that have been or are being paid by insurance companies.

Equifax, Experian and TransUnion are honing their focus to help victims of identity theft and fraud.

THE ASSOCIATED PRESS

Supermarkets

Loblaw planning $1.2B expansion

Loblaw Companies Ltd. says it will build 50 new stores and renovate or improve more than 100 others across the country in 2015, creating about 5,000 jobs.

The company, which operates several banners including Loblaws, No Frills, Fortinos and Shoppers Drug Mart, will also look to make more investments in its e-commerce offering, supply chain and IT infrastructure.

The total amount Loblaw plans to spend in 2015 on these initiatives is expected to top $1.2 billion.

THE CANADIAN PRESS

Market Minute

DOLLAR
79.39¢
(+0.09¢)

TSX
14,854.49 (- 98.01)

OIL
$50.00 US (+ 39¢)

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$1,166.50 US (+ $2.20)

Natural gas: $2.678 US (- 0.7¢)
Dow Jones: 17,995.72 (+ 138.94)

VOICES

THE FUNDAMENTAL ERROR OF NOT LISTENING

Looking beyond our own anecdotes can give us a fuller picture of transit, if we aren't busy talking past each other.

YOUR RIDE
Karen Quinn Fung

Do you ever find yourself arguing with someone, then taking a moment and realizing that you're not listening to him, and that he doesn't really seem to be listening to you, either?

Watching the discussion about the referendum on the congestion improvement tax, I've been struck by many such moments.

One reason for this may lie in a natural and common tendency called "fundamental attribution error."

This psychological concept refers to our innate reflex to see our own position and decisions as being a logical result of our situation.

Meanwhile, looking at others' choices, we write them off, attributing their perspective to a fault of that individual's personality. Transit consultant Jarrett Walker has noted the significance for transportation decisions, on his blog as well as when he spoke in person here in 2010.

That has meant accusations of selfishness and ignorance for some, and shrill cries of being naïve and swindled for others — and scant opportunities for real learning about our collective challenges. Transportation systems are notoriously complex and counterintuitive. Looking beyond our own anecdotes can give us a fuller picture, if we aren't busy talking past each other.

For example, how well known is it that, as a share of all trips taken, Surrey has a higher percentage of trips being made by public transit than Portland, Oregon? Or that there are actually fewer cars entering downtown Vancouver now than in the 1970s — while there are still an increasing number of jobs?

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These may sound like unimportant statistics, the sort of things PR departments and planners use to pat themselves on the back while swimming Scrooge McDuck-style in Livable City awards.

But as unhappy as some of us are with the way things are, it means that if Metro Vancouver had followed in the footsteps of every other metro area on the continent, there would be even more of us feeling time-crunched, living unhealthily and, as the Canadian Centre for Policy Alternatives and the Surrey Poverty Coalition are now telling us, squeaking by on even more precarious budgets.

Plenty of residents on both sides of the vote are concerned about the governance of TransLink. Jim Pattison's public accountability panel should be seen as a good start.

Instead of voting No to send a message the province will not and cannot hear, we need to able to express support for transit and transportation system improvements for the future as well as our need for a different relationship with our transportation authority. Voting No because of this issue — important, but sadly not on the ballot in any tractable way — would not only be a missed opportunity, but a further burden on those of us most dependent on that system.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

Vancouver Mayor Gregor Robertson and Surrey Mayor Linda Hepner announce that billionaire Jim Pattison will head a public accountability committee to ensure the proposed congestion improvement tax isn't misused. JENNIFER GAUTHIER/METRO

Apple Watch: Addressing problems that never were problems

JUSTIN LEE
readers@metronews.ca

Apple announced Monday details about its heavily-anticipated, yet arguably unnecessary Apple Watch, which hits shelves next month.

The smart watch connects to iPhone 5 or later models to receive notifications about incoming mail, messages, calls and events, and is loaded with enough features to impress Penny from Inspector Gadget.

In fact, the Apple Watch seems nothing more than a micro version of an iPhone or iPad.

But instead of having to physically reach for the device, you have immediate access — anytime or anywhere — since you're physically wearing it.

By being "plugged in" round the clock, you'll never miss a chance to apply a Valencia filter to that kale salad post or "swipe left" whenever you see a profile pic of some sociopath canoodling with a tiger.

"Communication" technology

Instead of bringing us closer together, this so-called communication technology has transformed us into a more distant, jaded, and colder culture.

And I suppose that's the greatest drawback to technology in the 21st century — that it somehow addresses problems that never were considered problems in the first place.

Back in the day, advancements in technology were wholly necessary. We didn't have a means to travel far distances in a reasonable amount of time, so we invented planes, trains and automobiles. We didn't have a way to verbally communicate with our friends, families, and pushy telemarketers who interrupt our dinner, so we invented the telephone.

But at what point has anyone ever said, "Gee, I really wish there was some way I could instantly access an entire library on the go, even though I can only physically read one book at a time. You never know when you might feel compelled to reread that titillating tampon scene in Fifty Shades of Grey."

Or when was the last time anyone has ever thought, "I really wish I had a pair of glasses that would allow me to view a video clip of a sunrise instead of an actual sunrise"?

Civilization has become so consumed with inventing new and efficient ways to perform even the most innocuous of tasks.

Twenty years ago, we would take time out of our busy lives to talk to our friends and family in person or over the phone.

Now we can't even seem to reply to a simple text.

Instead of bringing us closer together, this so-called communication technology has transformed us into a more distant, jaded, and colder culture.

Technology has become a never-ending cycle: We create solutions to problems, which in turn generates a new set of problems that we need to tackle.

To quote Damon Albarn of Blur, "We're everyday robots in control / in the process of being sold / Driving in adjacent cars / 'Til you press restart."

Although the Apple Watch will not help you foil Dr. Claw's latest evil plan, it certainly might bring Apple one step closer to achieving world domination.

Justin Lee is a Toronto-based writer, DJ and documentary filmmaker who enjoys exploring music, arts and culture and social issues.

metro
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Filmmaking

Director pleads guilty in train crash death

The director of a movie about musician Gregg Allman pleaded guilty Monday in a train crash that killed a camera assistant and injured six film workers. In exchange, prosecutors dropped charges against his wife and business partner.

The case is a rare example of filmmakers being prosecuted for deaths on their sets.

As part of the plea deal, director Randall Miller will spend two years in the county jail and another eight on probation on involuntary manslaughter and criminal trespassing charges. He also will pay a $20,000 fine.

Miller's wife and business partner, Jody Savin, will no longer face the same charges.

A third defendant, executive producer Jay Sedrish, also pleaded guilty to involuntary manslaughter and criminal trespassing on Monday but avoided jail time. He will be allowed to serve 10 years of probation from his home in California.

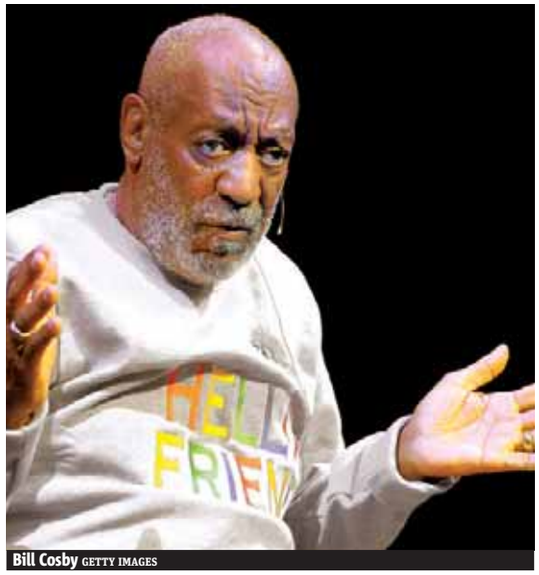
In the crash a year ago, a freight train travelling 55 m.p.h. plowed into the director's crew on a Georgia railroad bridge.

The Midnight Rider movie has been in limbo since the crash. Allman sued Miller to prevent the director from reviving the film. They settled out of court last year, and terms were not disclosed.

THE ASSOCIATED PRESS

Film director Randall Miller THE ASSOCIATED PRESS

Cosby promo fail



Bill Cosby GETTY IMAGES

Showing further signs of not-terribly-great judgment, Bill Cosby released an awkward, amateur-ish video message to promote an upcoming gig. In it, the embattled comic icon is on the phone trying to convince someone to come see the show. "You know I'll be hilarious," he says in the 10-second clip, first released to ABC News. He accompanied the video with a written message: "Dear fans, I hope you enjoy my wonderful video message," he writes. "Hey, hey, hey, I'm far from finished." While the video might not be as wonderful as he insists, it does raise a lot of questions: Is that a rotary phone? Why is this shot like an ISIS hostage video? Are those silk pyjamas? Also, can we address how terrible a slogan "I'm far from finished" is for a man accused of more than 30 separate acts of sexual assault?

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

The Simpsons co-creator dies

Sam Simon THE ASSOCIATED PRESS FILE

Sam Simon, a co-creator of The Simpsons and animal-rights advocate who made a midlife career shift into philanthropy and channeled much of his personal fortune into social causes, has died. Simon died Sunday at his home in Pacific Palisades, Calif., his agent, Andy Patman said. He was 59. He was diagnosed with advanced colon cancer in 2011. Simon helped launch The Simpsons in 1989.

"I'm not sad," he declared in 2013 as he battled an illness that his doctors said might claim him within months. "I'm happy. I don't feel angry and bitter. I want to do whatever I can to survive."

THE ASSOCIATED PRESS

Video may prove Suge is innocent

Graphic video footage has surfaced of the Jan. 29 hit-and-run incident near the Los Angeles set of the film Straight Outta Compton that landed Death Row Records founder Suge Knight behind bars, according to TMZ. The video, taken from the surveillance footage of a burger joint where the incident took place, will be used as evidence by both the prosecution and the defence in any upcoming trial, as Knight's defence team believe the footage exonerates their client by proving he was the victim of an armed ambush.

Suge Knight GETTY IMAGES

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New PlayStation series banks on the Powers of television

New series. Adapted from a comic, scripted drama is a first for the gaming network

Sharlto Copley, left, and Susan Heyward act out a scene from Powers. The series' 10-episode first season is the latest blossoming of scripted TV fare from unexpected sources — the home base for Powers is the PlayStation network.
THE ASSOCIATED PRESS

Ability does not imply accomplishment. And accomplishment is no prerequisite for fame.

This we know all too well from reality TV. But today's viral sprawl of celebrity is explored in fresh fashion by a new series spawned from what some viewers might deem an unlikely source: comic books.

Powers is a new series whose 10-episode season is the latest blossoming of scripted TV fare from unexpected sources. PlayStation network is home base for the show, the first original scripted series on the network.

Starting Tuesday, Powers will be free to PlayStation subscribers, with the first episode free to anyone for streaming through the PlayStation Store website (a PlayStation console is not required). Subsequent episodes will be available for purchase by non-subscribers.

Powers is set in a two-tier society where ordinary humans must coexist with a superior class who, thanks to random distribution, are endowed with superpowers which they employ for good or, just as often, for non-heroic purposes like crime.

Maintaining order among superhumans places a heavy burden on law enforcement. Powers focuses on a pair of homicide detectives, Christian Walker (played by Sharlto Copley) and Deena Pilgrim. They investigate cases involving those people of disruptive privilege known as Powers.

Walker used to be a superstar superhero, with a superbad-guy reputation. But then his powers disappeared.

The department's only cop who can identify with the Powers elite, he is haunted by memories of flying and other abilities he once possessed.

Powers has been in development for the screen for 15 years, says series co-creator Brian Michael Bendis, who created the comic in 2000 with Michael Avon Oeming. It was first adapted as a possible film project, then evolved into this series and was snapped up by PlayStation. He acknowledges there might be a bit of confusion about the PlayStation venue.

"Some people think our show is webisodes," he says with a laugh. "But this is a fully budgeted, network-style show."

THE ASSOCIATED PRESS

Instagram. Show has on-air potential

A new interactive Instagram series from American comedian Chris Hardwick's @midnight kicked off on Monday but its future depends entirely on an active, imaginative fan base.

Crammed into 15 seconds, the first episode of Plot Twistagram features a drowsy young man who heads to the kitchen to make some breakfast. After electrocuting himself making some burnt toast he comes face-to-face with some seemingly radioactive cereal — and, enter the cliffhanger. It will be up to viewers to decide what happens next by leaving a comment on the photo-sharing app.

For now, this off-air spin of the eponymous weeknight Internet-inspired improv game show, will only take place on Instagram. But Mashable reports that depending on audience response, the concept could become an on-air game show. The show's team will select the best scenario and film it to be shown every Monday. AFP

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Not-so-smartphone?

Wellness. Researchers examining whether smartphones are making users lazier and less astute

Having the world at our fingertips diminishes the role of our brains in daily life, according to researchers in Canada.

"Decades of research has revealed that humans are eager to avoid expending effort when problem-solving, and it seems likely that people will increasingly use their smartphones as an extended mind," says lead author Nathaniel Barr, a post-doctoral researcher in reasoning and decision making at the University of Waterloo.

Highly intelligent people approach problem-solving in a manner that's analytical rather than intuitive, yet smartphones allow them to second-guess themselves, say the researchers.

The problem leaves no one behind, for intuitive thinkers who rely on their gut instinct simply turn to their devices rather than their brainpower.

In three experiments that involved a total of 660 participants, the research team analyzed users' smartphone habits in relation to their cognitive style and verbal and quantitative skills.

The same participants performed better on the same tests and demonstrated greater willingness to think analytically when they were separated from their smartphones, according to the study.

"Our research provides support for an association between heavy smartphone use and lowered intelligence," says co-author Gordon Pennycook, a PhD candidate in psychology at the University of Waterloo.

"Whether smartphones actually decrease intelligence is still an open question that requires future research."

The study, published in the journal Computers in Human Behavior, bears grim implications on the cognition of an aging population.

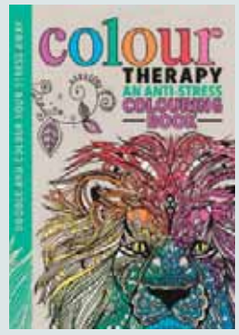
"Our reliance on smartphones and other devices will likely only continue to rise," says Barr.

"It's important to understand how smartphones affect and relate to human psychology before these technologies are so fully ingrained that it's hard to recall what life was like without them. We may already be at that point."

To recall what life was like in the pre-smartphone era, try leaving the house without it every once in a while — it might do more good than harm.

AFP

Therapy



Latest adult colouring book focuses on anti-stress benefit

A growing trend among adults, colouring books are said to help de-stress and unwind and are slowly taking off outside Europe, where the trend originated.

The latest example, Colour Therapy: An Anti-Stress Colouring Book, is out this week in Britain before heading to the other side of the Atlantic in June.

A way of passing the time and clearing one's thoughts — during breaks from Candy Crush, at least — colouring books began taking off in France a few years ago and have grown increasingly popular there; among them, books by Lisa Magano have been nearly instant hits and Secret Garden (sold in France as "Jardin secret") by Johanna Basford was a success in 2013.

Basford's book also became a popular title in the U.K., where the trend is picking up speed. AFP

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SFU Pipe Band offers support

DANIEL HENDRIKSEN
For Metro

We all know someone who has been affected by cancer. The Simon Fraser University (SFU) Pipe Band is no different. In fact, one of it own, Andrew Bonar, is battling brain cancer.

In an effort to show support for their friend and to raise money for cancer research, the band will be putting on a special performance at the SFU Theatre on March 28, from 6-7:30 p.m. The show will include the Heather Jolley Highland Dancers, which features Bonar's 10-year-old daughter, Kate, who will perform at a ceilidh (featuring traditional music and dance),

"Andrew is a key member of the SFU piping family and has performed with us for over three decades, and we want to acknowledge his contributions as a pillar of the band, while creating an opportunity to do something positive for this cause," said SFU Pipe Sgt. Jack Lee.

"Besides raising funds through this event we are asking those who can to please consider making a donation directly to the B.C. Cancer Foundation in honour of Andrew and the impact he has on the worldwide piping community. We're hoping to make a difference for brain cancer patients now and in the future."

Bonar is considered to be one of the best solo pipers in the world. He has been with the SFU band for 35 years and participated in the world pipe band championships 29 times, playing a key role in his group's six world championship titles and more than 20 top-three finishes.

Bonar was diagnosed with a brain tumour last fall and underwent an operation in November to remove the tumour. Bonar is still undergoing treatment at the B.C. Cancer Agency.

For more information and tickets to the March 28 concert, visit sfupb.com.

In an effort to show support for their friend Andrew Bonar, above, and to raise money for cancer research, the SFU Pipe Band will be putting on a special performance at the SFU Theatre on March 28. PIPES DRUMS MAGAZINE PHOTO

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JIBC launches online program

DANIEL HENDRIKSEN
For Metro

A new online training program launched by Justice Institute of British Columbia (JIBC) is aimed at reducing the psychological and emotional trauma from a mass-casualty event for both victims and first responders.

The training exercises were developed through research conducted by JIBC's simulation training exercise collaboratory (SIMTEC) project. The program is called exercise target red and is a training-simulation exercise for first responders and emergency managers. It is designed to provide users with the opportunity to practise how to best deal with a mass-casualty situation.

"The research with our international working group of experts found that the immediate and long-term emotional responses associated with mass-casualty events are reduced when people are provided psychological and social support early on, during, and also after an incident," said Dr. Laurie Pearce, JIBC's applied research chair and SIMTEC co-principal investigator.

"Exercise target red was designed to emphasize the importance of providing effective 'psychological first aid' as soon as possible."

The training teaches users how to address psychosocial needs of victims, witnesses, fellow first responders, and other members of the community affected by the emergency. The positive tools the program teaches allows users to: Calm mass-casualty victims and the general public; promote a sense of safety; provide a sense of connectedness; create a sense of self and community worth among victims; and provide a sense hope.

For more information on exercise target red, visit simtec.jibc.ca/node/127.

JIBC's new online training program is designed to provide users with the opportunity to practise how to best deal with mass-casualty situations. CONTRIBUTED

UBC/SFU leaders calling for transit expansion

With a combined 80,000 students and 21,500 staff/faculty at the University of British Columbia (UBC) and Simon Fraser University (SFU), officials at the two schools are calling for the expansion of public transit.

More than 40 per cent of those travelling to UBC originate outside of the city of Vancouver. In fact, 32 per cent of students living off campus spend more than 50 minutes commuting to UBC each way.

SFU is the only university in B.C. with campuses located in three major Metro Vancouver cities — Burnaby, Surrey and Vancouver — and all are served by public transit. Students attending SFU spend an average of 47.4 minutes commuting on transit each way, compared with the national average of 25.2 minutes.

Both UBC president Arvind Gupta and SFU chool president Andrew Petter are encouraging students, staff and faculty to take part in a transportation and transit funding plebiscite. The mail-in vote will take place from March 16 to May 29.

METRO CUSTOM PUBLISHING

Clodimar (Junior) Feijao. CONTRIBUTED

NYIT'S CAREER SERVICES ADD VALUE

New York Institute of Technology-Vancouver offers professionally oriented graduate degrees, and part of its mission is to help students become career ready.

"We don't just rely on academic programs," says Lee Harris, co-ordinator of career and alumni services.

"We help students gain community experience, whether through a practicum, volunteering, or events. All these components provide opportunities students need for experience and networking."

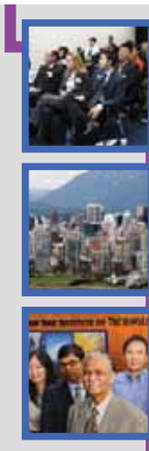
MBA student Clodimar (Junior) Feijao learned that career services support makes a difference. After growing discouraged about his job search, Feijao received coaching from Harris — and his resumé and his results improved.

"If I were to give advice to any student at NYIT seeking a job opportunity it would be to visit career services and ask for help," Feijao says.

Career services offers classes including interview prep, personal branding, and using LinkedIn. Through the university's base in New York, students also have access to webinars and other online resources.

In addition, NYIT hosts a monthly series of dean's lectures to bring students in contact with local professionals, and students participate in Vancouver-wide events through the Vancouver Enterprise Forum. These occasions allow students to seek mentors from across Vancouver.

For more, visit nyit.edu/Canada.



- Choose a general MBA or a concentration in finance or tourism.
- Credit transfer and campus transfer options are available.
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NYIT New York Institute of Technology Vancouver

Lifelong learning at Langara College

200 courses available with Langara CS at VSB

Do you want to learn how to knit? Start your own business? Make your own natural beauty products?

Sign up for a Langara CS at VSB night course.

"This programming is alive and kicking with 200 great lifelong learning night courses available," says Jennifer Madigan, Langara CS at VSB program co-ordinator.

Last fall, Langara College took over the Vancouver School Board (VSB) night course program, Madigan says, "and the amazing student experience is still the focus."

Classes are conveniently held in different neighbourhoods at Lord Byng, Vancouver Technical and John Oliver secondary schools, the VSB Education Centre, and the Langara College main campus.

The breadth of courses is better than ever, ranging from culinary (Indian, Mediterranean, Korean, party time tapas and even speed dating cooking classes) and DIY programs (woodworking) to art pursuits (learn to draw or paint), home and garden (pruning plants and home inspection), and language and travel classes.

All courses are four to eight weeks in length and cost from $49 up to $360 for programs that have high material requirements such as jewellery making.

Vancouver School Board continuing education had a very established reputation, and it's quite exciting to take that on and build on it, says Shonna Reynolds, budget and administrative manager at Langara.

"Continuing lifelong learning is what Langara is all about, so being able to bring in this whole new group of classes, amazing instructors, and also facilities we didn't have before, has opened a whole new world for us. Plus, we have the infrastructure to support it."

Registration for the Langara CS at VSB summer semester opens March 18. Visit langara.bc.ca/vsb for more information and to look through the Langara continuing studies catalogue. Registration can be done online, in person, or by calling 604 323-5322.

ONE-DAY CLASSES

If you can't commit to an evening night course, take a Night School in One Day class on a Saturday instead.

Held once a semester at John Oliver Secondary School, 25 to 30 courses are offered.

Students take anything from learning to bake artisan bread to updating their computer skills to learning how to draw.

CONTRIBUTED

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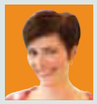


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Brussels sprouts are little baby cabbages with all of the same nutrients.

The anatomy of Brussels sprouts

They are absolutely adorable when they grow on a tall, sturdy stock and look like little buttons.

They are hearty, cold-weather vegetables that can handle a frost or two, which is why they are usually harvested in fall.

Fresh versus frozen

Raw and fresh, they do require about the same kind of attention as green beans in that they need to be trimmed of the woody end.

Honestly, this is one of the vegetables that I actually prefer to buy frozen. Straight out of the freezer, they are more tender and pre-trimmed so a quick steam makes a weeknight meal a breeze.

Nutrition value

Nutritionally they do pack a punch with one sprout providing 35 per cent of a day's worth of vitamin K.

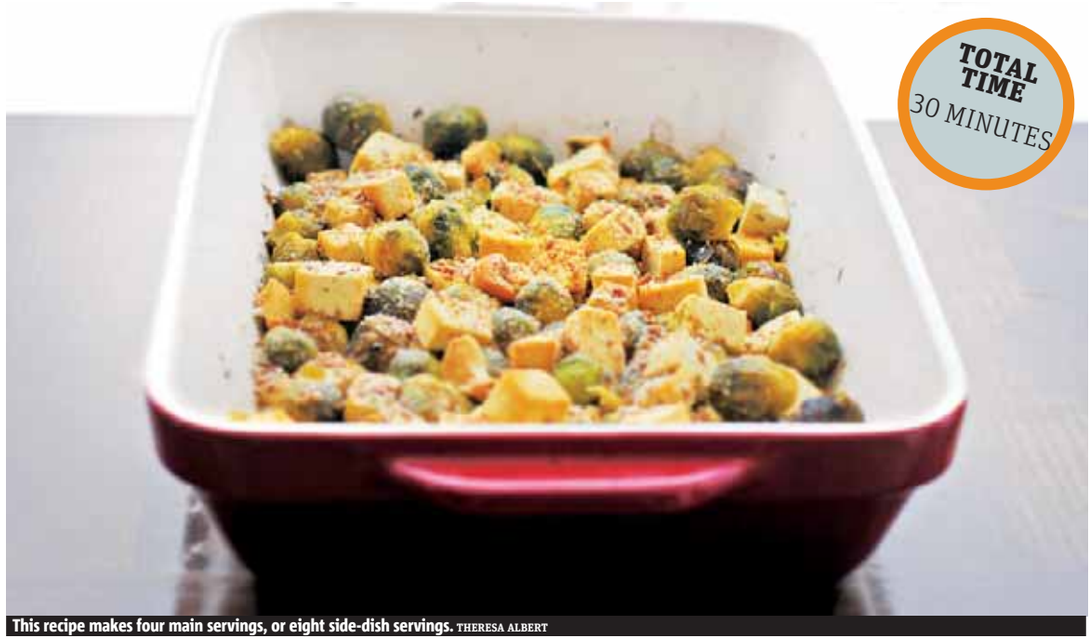
They are also high in vitamins C and A as well as potassium and fibre making them the perfect heart-healthy choice.

Cook them right

The trick to brussel sprouts is to not overcook them. Doing so creates a disgusting sulphur smell.

You do, however, have to score them to be sure they cook through the tougher base. Roasting helps to caramelize the sugars and make for a sweeter, softer vegetable pleasure.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe makes four main servings, or eight side-dish servings. THERESA ALBERT

Dinner. Instead of boiling mini cabbages, try roasting them in this low-calorie Tofu and Brussels Sprouts side dish

Tofu has long been discussed as a functional food for managing menopause because of its plant-based estrogen.

But it is also a great, low-calorie, lean protein that can be delicious when roasted with Brussels sprouts.

This is a great side dish but it is also a perfect vegetarian meal on its own. Simply bake the dish in single serving dishes and top with a bit of Parmesan cheese.

1. Toss Brussels sprouts with tofu and spread into a large, low casserole. Drizzle and toss with melted butter and sprinkle with thyme.

2. Bake in 400 F oven for 20-25 minutes until they begin to brown.

3. Mix together Parmesan cheese and ground flax; salt and pepper as desired. Sprinkle on top and bake for 5-10 more minutes.

THERESA ALBERT

Ingredients

- 4 cups frozen baby Brussels sprouts
- 6-8 oz organic firm tofu, small cubes
- 1 tbsp melted butter
- 1 tsp fresh thyme
- 1/4 cup grated Parmesan cheese
- 2 tbsp ground flax
- Sea salt and pepper

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BBB ACCREDITED BUSINESS

The Ducks' Cam Fowler moves in on Canucks goalie Eddie Lack at Rogers Arena on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Hot Lack backstops Canucks past Ducks

NHL. Zack Kassian scores the winner late in the third period

CAM TUCKER
cam.tucker@metronews.ca

Eddie Lack has appeared now in nine straight games for the Vancouver Canucks, since the injury to Ryan Miller, and if he's feeling any fatigue, he certainly didn't show it Monday with the visiting Anaheim Ducks in town.

However, the same can't be said for the rest of his teammates, who were under constant siege on almost continuous basis from the early stages of the first period. It took until the final seconds of the second period for the Canucks to hit 10 shots on goal against their Pacific Division foes.

On Monday

Canucks	Ducks
2	1

But the sensational play of Lack, and goals from rookie Bo Horvat and Zack Kassian was somehow enough, as the Canucks came away with a 2-1 victory at Rogers Arena.

The Canucks, who got defenceman Chris Tanev back in the lineup after missing the last 10 games with a head injury, improved to 80 points on the season. They maintained their second-place position in the division, moving three points ahead of the Calgary Flames.

Lack's best save of the night was on a wide-open Corey Perry, who had his redirected attempt from right in front of the net thwarted when Vancouver's goalie, reacting quickly, stuck out the left leg, just getting the toe on the puck.

Zack Kassian scored the winning goal late in the third period on a pretty set up from Dan Hamhuis.

NBA

Marc gets best of Pau as Grizzlies win in Chicago

Marc Gasol scored 23 points to lead the Memphis Grizzlies past his brother Pau Gasol and the Chicago Bulls 101-91 on Monday night.

Marc was 10 of 16 from the field for the Grizzlies, who moved to two games ahead of idle Houston for the Midwest Division lead.

THE ASSOCIATED PRESS

NHL

Leafs fall apart again vs. Islanders

The effort was there for the Toronto Maple Leafs, but the result still wasn't pretty.

Two days after interim coach Peter Horachek criticized his team for a lack of effort in a blowout loss, the Leafs showed plenty but blew a lead to lose 4-3 in overtime to the New York Islanders on Monday.

THE CANADIAN PRESS

NFL

Manziel's rehab stay ongoing

Johnny Manziel's commitment to fixing his personal life has the Browns feeling positive about his future as a quarterback.

Browns coach Mike Pettine confirmed Monday that Manziel, whose troubled rookie season in Cleveland was followed by him seeking help for an undisclosed issue, remains in a rehab treatment facility. Manziel entered a private facility in Ohio on Jan. 28, and Pettine said there is not a specific date for him to be released.

THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
With your ruler Mars on great terms with luck planet Jupiter you will make a big impression over the next 24 hours. Don't let your ego get out of hand.

♉ Taurus
April 21 - May 21
The answers are easy to find but ask the right questions. Take a look at the world. Who is in charge? Answer that qustion and all else will fall into place.

♊ Gemini
May 22 - June 21
The dice are loaded in your favour. All you have to do is throw them with confidence. On the work front especially you need to take a few risks.

♋ Cancer
June 22 - July 23
With Mars and Jupiter perfectly aligned today success is a foregone conclusion. No matter how many times you have been rebuffed in the past you will get what you want now.

♌ Leo
July 24 - Aug. 23
Set yourself a challenge and go all out to make a success of it. Jupiter in your sign, although moving retrograde, makes this the kind of day when limits do not exist, at least not for you.

♍ Virgo
Aug. 24 - Sept. 23
You may be logical but try not to be too rational in your thinking today because it will limit you. If you want something enough you will find a way to get it.

♎ Libra
Sept. 24 - Oct. 23
Make an effort to talk to loved ones and find out what they think. Cosmic activity in your opposite signs of Aries means that if you are nice to people they will be nice to you.

♏ Scorpio
Oct. 24 - Nov. 22
If you focus on a problem to the exclusion of everything else you'll find the solution you need. The answers you require are in your mind already.

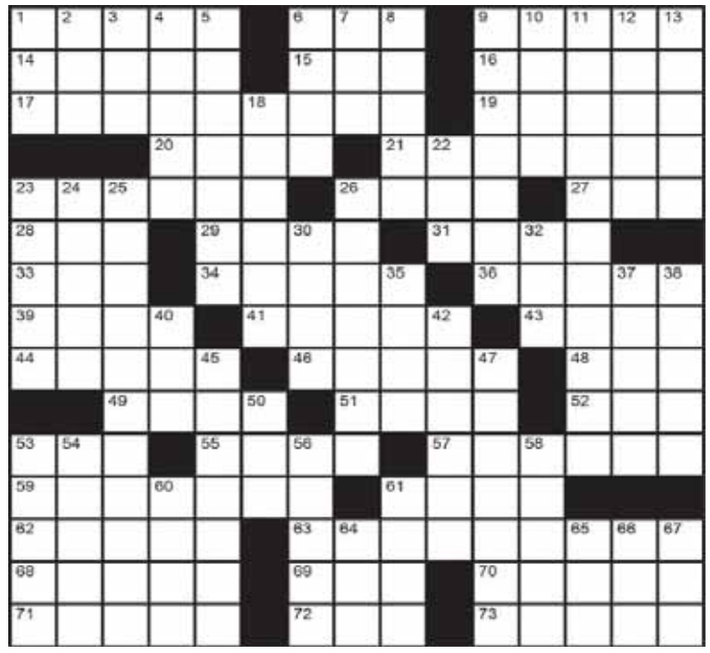
♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in your fellow Fire signs of Aries and Leo means everything comes easy to you at the moment. But that does not mean you no longer have to make an effort.

♑ Capricorn
Dec. 22 - Jan. 20
Follow your intuition over the next 24 hours, even if it leads you in a strange new direction. Just because a lot of people are moving down one path does not mean it is the right path.

♒ Aquarius
Jan. 21 - Feb. 19
Do something today that takes others by surprise. It should remind those you live, work and do business with that you shouldn't be taken for granted.

♓ Pisces
Feb. 20 - March 20
Do you have what it takes to succeed? Yes! You may be a Pisces, one of the nicest signs in the zodiac, but that doesn't mean you can't be ambitious!

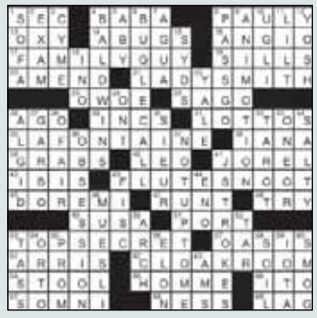
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Moon shape, e.g.
6. Since-ancient-times dog
9. Beeping communicator
14. Nouveau __ (New-wealth set)
15. Jackie O's hubby
16. Feminine inner self, in Jungian psychology
17. Canadian frozen yogurt chain founded in 1986: 2 wds.
19. Pancake-on-pancake-on...
20. Bail
21. Daytime movie
23. Backup the file again
26. 1991 Extreme hit: "__ Hearted"
27. Mr. Shackelford
28. Li'l elevation
29. American univ.
31. Spill the beans
33. 'Law' suffix
34. Commandment word
36. Followers
39. __ upswing: 2 wds.
41. Canadian mixed martial artist, __ 'The Spartan' Theodorou
43. Bargain
44. Ancient water nymph
46. 'A.' of President James A. Garfield
48. Dick Dyke link
49. Actor Will
51. Edmonton sch.: letter + wd. + letter
52. Time-saving abbr.
53. "Great catch!"
55. Borscht ingredient
57. Loved one
59. Activity signer-upper
61. Fan's favourite
62. Decorative edging in embroidery
63. Sandra L. __, Master of the Royal Canadian Mint
68. Piano exercise
69. Stop
70. __ Robina, Parenting Expert on "Cityline"
71. Earlies opposites, say
72. Place
73. Flower kind

Down
1. Discharge droplets
2. Brazilian city
3. Hosp. recording
4. Solomon to __ (W.B. Yeats poem)
5. Calgary-headquartered oil sands company
6. Go separate ways
7. Montevideo is its cap.
8. Gadget
9. Pinks and peaches and lilacs
10. Against
11. Ice Age rodent in North America: 2 wds.
12. Master of ceremonies
13. Made money, with In
18. Arrow: French
22. Greece neighbour [abbr.]
23. Silk-like fabric
24. Female werewolf on Space's "Bitten"
25. Like some McCain fries: 2 wds.
26. North Pacific flatfish
30. __ __ Land (Los Angeles, colloquially)
32. Knowing interjections
35. Tropical tuber
37. Make happy
38. Coinage in Coventry
40. Glaswegian's 'No'
42. Terell __, "Turn the Leaf" (Prod. Preme Diesel) recording artist from Vancouver
45. Weighs the pros and cons
47. "Vogue" songstress
50. Stimpy's co-star
53. Drive bugs away
54. The Body Shop founder Ms. Roddick
56. Singing: Ms. Merman
58. Gymnastics: Ms. Korbut's
60. Emulated an equestrian
61. '500' car race
64. "__ Maria in Novela Land" (2015)
65. Blaster!
66. Roman I's amount
67. Big Apple hockey team [acronym]

Yesterday's Crossword

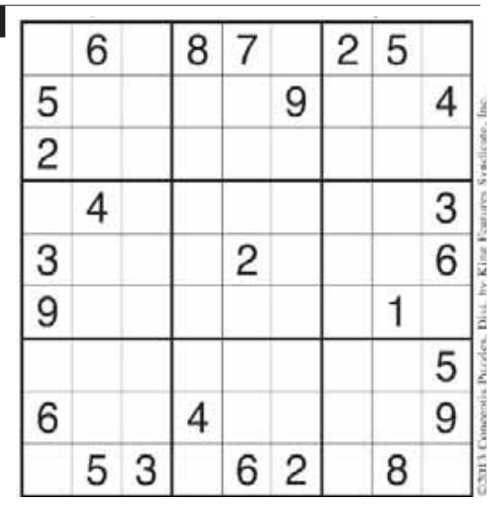


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	2	9	5	7	3	8	4	1
4	3	8	2	1	6	7	9	5
1	5	7	8	4	9	6	2	3
7	4	6	9	2	5	1	3	8
8	9	3	1	6	7	4	5	2
5	1	2	3	8	4	9	7	6
3	8	4	6	9	2	5	1	7
2	7	1	4	5	8	3	6	9
9	6	5	7	3	1	2	8	4

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